medela

double duet breastmilk initiation kit

instructions

- for use with symphony breastpump
- includes harmony manual breastpump
- double or single pumping kit
- 24 mm and 27 mm PersonalFit™ breastshields

All parts that touch breastmilk are BPA free

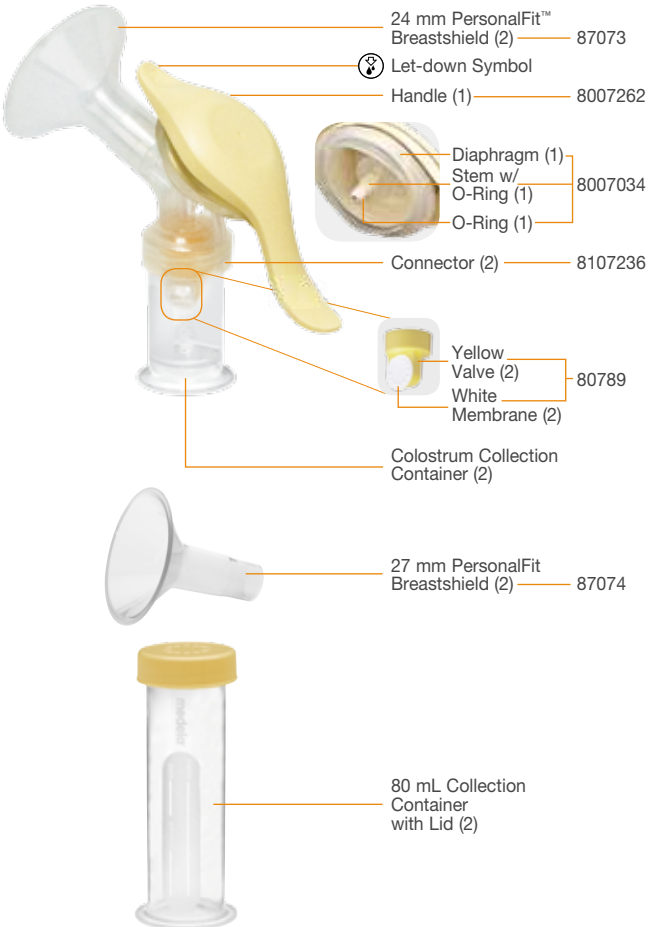
DEHP and Latex free

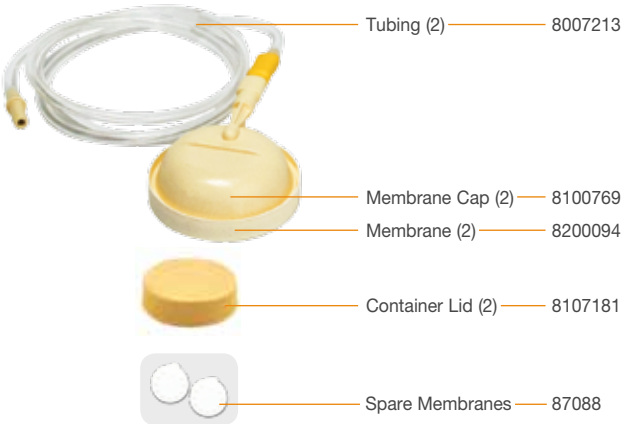
67355S

Double Duet Breastmilk Initiation Kit

To purchase non-sterile replacement parts:

- Locate a Medela retailer at http://medela.findlocation.com
- Email customer.service@medela.com, or
- Call 1-800-435-8316





Which Container When

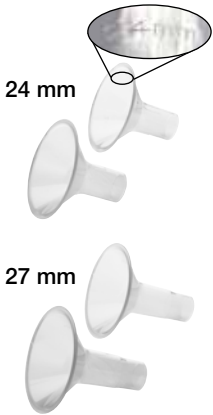
Medela's 35 mL colostrum container has 20 mL of pumping capacity and 35 mL of storage capacity. The curved bottom minimizes loss of colostrum or breastmilk during transfer to a syringe. The small size helps keep mothers motivated to pump by setting proper expectations of initial milk production.

Medela's 80 mL breastmilk collection container has 65 mL of pumping capacity and 80 mL of storage capacity.

Visit your Medela retailer or go to www.medela.com for our selection of larger breastmilk collection & storage containers.

Pumping Should Be Comfortable

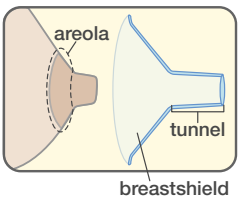
When it comes to finding the right fit in a breastshield every mother is different. Sizing may change throughout your breastfeeding experience as the breast and nipple tissue changes. **To determine the correct size breastshield, you need to watch your breasts while pumping.**



While pumping—

You should see the following if you have the correct size breastshield:

- Pumping feels comfortable, not painful.
- The nipple is centered and moves freely in the tunnel.
- Minimal or no areolar tissue is pulled into the tunnel of the breastshield.
- There is gentle rhythmic motion in the breast with each cycling of the pump.
- The breast empties all over. After pumping gently press around your breast. If an area still feels full or a bit firmer, you may not have emptied the milk duct in that area of the breast.



After pumping—

- After a pumping session the nipple is not irritated and is not painful to the touch.

If you do not see the above, you may need to seek the advice of a lactation or healthcare professional to assist you in getting the proper fit.

Double Duet Breastmilk Initiation Kit

Important

This product is sterile. Package must be inspected for any holes, broken seals, or damage before opening. If present, you MUST wash product prior to first use. If you have any other questions, consult with your healthcare provider for further cleaning instructions.

Online Breastfeeding Resources

- To learn more about storing and caring for your breastmilk: www.BreastmilkGuidelines.com
- For free advice from a lactation consultant: www.medelabreastfeedingus.com/for-expectant-mothers/ask-the-lc
- For breastfeeding tips & solutions including:
    - How to breastfeed
    - Challenges & solutions
    - Going back to work
    - Breastpumping
    - Choosing the right size breastshield

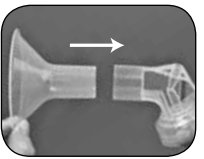
  www.medelabreastfeedingus.com/for-expectant-mothers/tips-and-solutions
- For help with choosing a breastpump: www.medelabreastfeedingus.com/product-selector

If you experience discomfort while pumping, contact your lactation professional as you may need a different size breastshield. To locate Medela products, visit http://medela.findlocation.com or call 1-800-TELL-YOU.

Single User Caution:
This product is a personal care item that should not be shared between users.

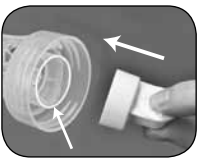
Symphony® Pumping Kit Assembly & Use

Wash hands with soap and water prior to handling your kit.

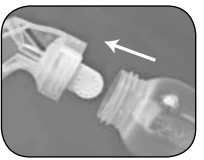


1 Securely attach breastshields to connectors. *(**Note:** See inside cover for selecting the proper size breastshield.)*

2 Snap white membranes onto yellow valves until membranes lie flat.

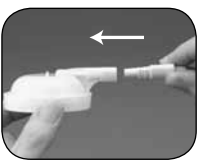


3 Push yellow valves onto inner ring of connector bottom.



4 Screw collection containers onto connector bottom. *(**Note:** See inside cover for selecting the proper size container.)*

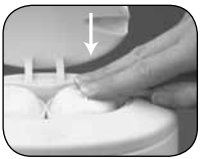
5 Insert pale yellow round ends of tubing into openings in back of connectors.



6 Insert the triangular two-toned yellow ends of tubing into ports on membrane caps.

7 Fit protective membranes onto membrane caps.

8 To open lid, hold down the oval button on the top of the Symphony breastpump and lift up on the handle.



9 Push membrane caps into place on the pump. A “click” will be heard once properly seated. *(**Note:** If single pumping, only seat one membrane cap.)*

10 Close lid before pumping. *(If lid does not close, check to see that membrane caps are properly seated.)*

11 Center breastshields over your nipples and start pumping. *(**Caution:** pushing shields too firmly into breasts may reduce milk flow.)*

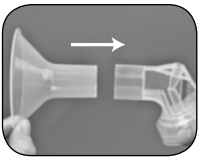
12 To turn the pump on, press the power button. You will be starting in the Stimulation Phase.

13 If let-down occurs before the Expression Phase begins, press the let-down button to begin the Expression Phase.

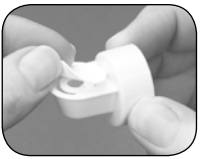
14 When your pumping session is over, store your breastmilk and clean your kit. See the Breastpump Kit Care section for cleaning instructions.

For breastmilk storage guidelines go to www.BreastmilkGuidelines.com

Harmony™ Kit Assembly & Use

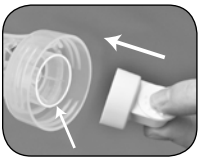


1 Securely attach breastshield to connector.

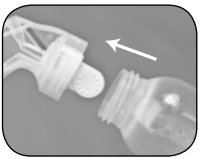


2 Snap white membrane onto yellow valve until membrane lie flat.

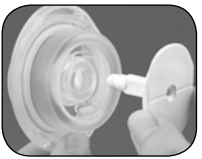
Wash hands with soap and water prior to handling your kit.



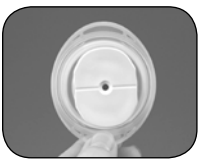
3 Push yellow valve onto inner ring of connector.



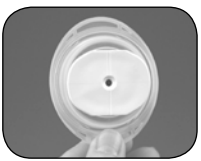
4 Screw collection container onto connector.



5 Place oval shaped base of the stem into diaphragm.

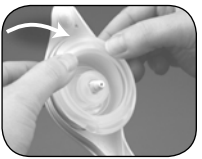


Correct



Incorrect

Hint: Make sure the oval shape is lined up correctly in the diaphragm.



6 Align silicone diaphragm/stem with tab on pump handle. Press down firmly around entire edge to ensure a proper seal.

7 Insert stem of handle assembly into opening on top of connector and push until you feel it snap in.

8 Center breastshield over nipple. (***Caution:*** *pushing shield too firmly into breast may reduce milk flow.)*

9 Rotate the adjustable handle for your maximum pumping comfort. The level of vacuum is controlled by the compression and the speed of the handle stroke. You decide the pumping rhythm that is best for you.

10 Start pumping in the Stimulation Phase by pressing down on the milk drops symbol on front of the pump handle. Press and release quickly until you see milk flow begin. This mode mimics baby's initial rapid sucking and is designed to stimulate milk flow/ let-down.

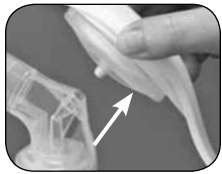
11 Once let-down has begun, switch to the Expression Phase by pressing the back of the pump handle. This mode mimics baby's deeper, more relaxed sucking and is designed to maximize milk flow.

12 When your pumping session is over, store your breastmilk and clean your kit. See the Breastpump Kit Care section for cleaning instructions.

For breastmilk storage guidelines go to www.BreastmilkGuidelines.com

Converting to the Symphony® Breastpump

1 Remove handle assembly from connector.



2 Insert pale yellow round end of tubing into opening on top of connector.

See Symphony Kit Assembly on page 2 and refer to steps 6-14 to complete assembly.

Breastpump Kit Care

Good hygiene will help protect the breastmilk that you give to your baby. For the best protection when handling your breastmilk, wash your hands with soap and water, and follow the guidelines for cleaning, drying, and storing your kit.

How do I disassemble my kit?

1 Finish pumping.

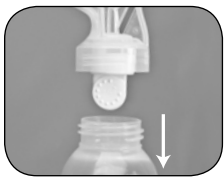
Symphony:

While the pump is still running, disconnect tubing from connector.

*(**Note:** It is important to let pump run for 2 minutes with tubing attached. This will eliminate condensation that naturally results from humidity.)*

Both Symphony and Harmony:

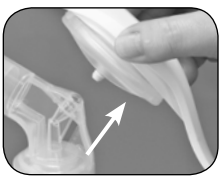
2 Remove collection container(s) and store breastmilk. For breastmilk storage guidelines go to www.BreastmilkGuidelines.com.



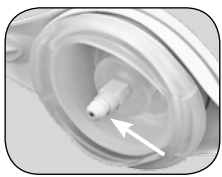
3. Disassemble.

All parts that come in contact with your breast and breastmilk must be disassembled and washed for the kit and pump to function efficiently.

Harmony:



a Remove the pump handle assembly from the connector. Check to see if it needs cleaning.



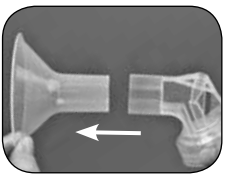
Note: Under normal use, the pump handle and diaphragm/stem only need to be cleaned periodically or when it is apparent they have become soiled. *(**Hint:** Do not remove small white o-ring from stem.)*

Continue to step **b** on next page.

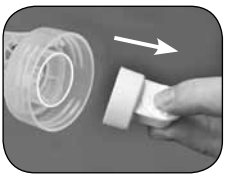
How do I disassemble my kit? (cont'd.)

Both Symphony® and Harmony™:

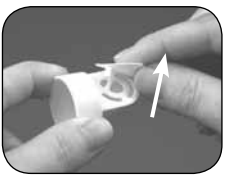
Separate remaining parts of your kit that come in contact with your breast and breastmilk.



b Separate breastshield(s) from connector(s).



c Twist and pull the yellow valve(s) off the connector(s).



d Remove the white membrane(s) from the valve(s).

Cleaning

1 Wash parts.

Rinse all separated parts in cool water to remove breastmilk.

2 Wash and Rinse -or- Dishwasher

- Wash all separated parts in warm, soapy water.
- Rinse all separated parts with clear water.

- Wash all separated parts on top rack of dishwasher.

Drying & Storing

Allow all breastpump kit parts to air dry in a clean area and store dry parts when not in use. Do **NOT** store wet or damp parts.

Sanitizing

In addition to washing, you may sanitize your kit parts that come in contact with breast and breastmilk once per day by following the instructions on Medela's Quick Clean™ Micro-Steam™ bag or boiling.

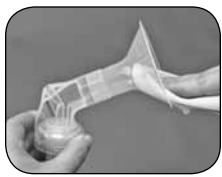
Note: Do **NOT** use Quick Clean Micro-Steam bags with the Harmony pump handle, diaphragm/stem and breastshield connectors.

If boiling your kit:

1. Separate all parts that come in contact with your breast and breastmilk.
2. Choose a pot that is large enough so the kit parts DO NOT rest on the sides or bottom while boiling.
3. Fill the pot with water and bring to a boil.
4. Carefully drop parts into boiling water, and boil for 10 minutes.
5. Gently remove parts from water with tongs and place on a clean surface.
6. See Drying & Storing section (above) for further instructions.

Quicker Cleaning

You can use Medela's Quick Clean wipes in between pumping sessions and then clean your kit once you get home. Follow instructions on Quick Clean package.



Breastpump Kit Care

Tubing Care

It is not necessary to clean tubing after each use. If your tubing comes in contact with breastmilk, clean it by following these directions.

- Rinse and run cold water through tubing to remove breastmilk.
- Dry tubing by attaching it to pump and running for 2 minutes or until dry. This will eliminate condensation that naturally results from humidity.
- In addition to washing, you may sanitize by following the instructions on page 9.
- Tubing may appear cloudy after boiling or microsteaming.

To Sterilize Kits in the Hospital

Important Note: Do NOT autoclave Harmony handle, diaphragm/ stem and breastshield connectors.

All disassembled parts can be autoclaved to a maximum of 272° F for 3 minutes at 29 PSIG or 250° F for 15-20 minutes at 15 PSIG.
To avoid damage during and immediately after sterilization:

- Sterilize parts without applying external pressure.
- Allow parts to cool before applying external pressure.

Note: If gas sterilization is used, residual testing is recommended to determine the proper length of aeration.

Tips for Success

- Prior to pumping, relax, take a few deep breaths and think of your baby.
- Using a breastpump should be easy and comfortable. The first few times may seem a bit awkward, but you will quickly find your best position and pumping speed.
- Many new mothers find that in the first week or two of breastfeeding, they may experience nipple tenderness and soreness. This is normal and will improve as both mom and baby learn this new skill. If soreness persists, contact a lactation consultant or healthcare provider to assist in proper breastshield sizing or comfortable breastfeeding techniques.
- To soothe sore nipples, you may purchase Tender Care products by visiting your Medela retailer. To locate a retailer visit www.medela.com or call 1-880-TELL YOU.

Troubleshooting

If you feel the pump is not giving sufficient suction, you can check several things:

- Make sure the white membrane is clean and lies completely flat on the yellow valve.
- Verify that yellow valve on breastpump kit is fitted correctly into the breastshield connector.

Symphony® Breastpump Troubleshooting

- Make sure breastpump is plugged in.
- Check and secure all connections of kit and breastpump.
- Ensure that the pale yellow ends of the tubing fit securely into connectors and the triangular two-tone yellow ends into the membrane caps. (Refer to Symphony kit assembly instructions.)
- Inspect Symphony membranes. If membranes appear to be worn or have a tear they need to be replaced (Article # 8200094).

Harmony™ Breastpump Troubleshooting

- Make sure the stem assembly on the pump handle is seated all the way into the pump body until it will go no further. Make sure the white o-ring is in place in the stem handle.
- Make sure the oval base of the stem is properly seated in the oval base of the diaphragm.
- Finally, make sure the diaphragm is pushed all the way onto the circular rim on the underside of the handle.
- If pump handle does not release smoothly or sticks, check diaphragm assembly to correct. (Refer to step 6 of the Harmony Kit Assembly Instructions on page 4.)

If assistance is still needed after reviewing this booklet, please email Medela Customer Service at customer.service@medela.com or call (800) 435-8316 or (815) 363-1166.

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